



HILLSIDE HAPPENINGS



"A Caring Commitment to Learning"



NGPS Division Social Worker's Light-Hearted Holiday Survival Guide

With the Christmas season upon us, traditional images of the holidays appear impeccable and dreamlike. Cozy, cheerful, tastefully decorated homes, surrounded by white, pristine snow, with happy, well-dressed families gathered around a table sharing a large dinner cooked to Instagram perfection are unrealistic.

Life can be so complex and messy that it's impossible to guarantee a picture-perfect Christmas. And yet, every year, we still yearn for it. A lot of hard work goes into planning, baking, and decorating, expecting a fun, relaxing Christmas holiday, which often ends up hectic and stressful. For some of us, we would rather stay under the covers until spring!

MY GUIDE TO SURVIVING THE HOLIDAYS

(Disclaimer wink wink: This guide does not replace professional therapy or medication. However, it may help you laugh through the chaos!)

Essential Items

1. **A Strong Cup of Coffee (or Tea):** Your daily dose of sanity in liquid form.
2. **Ear Plugs:** Because sometimes, "Silent Night" becomes a screaming match.
3. **A Sense of Humor:** Your superpower against sugar-fueled tantrums and endless demands of "Are we there yet?"
4. **A Planned Escape:** For when the kids are finally asleep and you need some "me" time: a walk in the snow, Netflix that is not cartoons, a phone call to a friend that can make you laugh.
5. **A First Aid Kit:** For minor injuries, like paper cuts from wrapping presents and emotional wounds from family gatherings.

Survival Tips

1. **Embrace the Chaos:** Don't fight it. Just enjoy the ride (or at least pretend to).
2. **Lower Your Expectations:** Remember, perfection is overrated. An overcooked turkey or an off-key rendition of "Jingle Bells" can still create lasting memories.
3. **Delegate:** Don't be afraid to enlist the help of your spouse, kids, or the family pet.
4. **Practice Mindfulness:** Take deep breaths and count to ten (or twenty or thirty). Remember, this too shall pass.
5. **Find Your Happy Place:** Whether it's a hot shower, a good book, a flight to Mexico, or a quiet moment alone with a chocolate bar, make time for yourself.

Emergency Procedures:

- **Sugar Rush:** Offer healthy snacks, like fruits and vegetables (or bribe them with more candy, whatever works).
- **Sibling Rivalry:** Separate them or let them fight it out (just kidding, don't do that).
- **Meltdown:** Offer a hug, a cold drink, or a distraction (like a shiny object or a pet).
- **Adult Drama:** Politely excuse yourself and retreat to a quiet room until January.

Remember, the goal is to survive, not thrive. Lean into the disorder and mess, it will be over all too soon!

This article was written by Tammy Charke BA, BSW, RSW. She is the Division Social Worker for Northern Gateway Public Schools and is a support and advocate for students and families to promote wellness and success in school. Tammy has been a Registered Social Worker for more than 25 years and is a mother to 4 children; 1 in high school and 3 in university.



Calendar Of Events Hillside Happenings



Hillside Christmas Olympics

Dec, 9, 11, 13, 17, 19

in South Gym

Sign up sheet by cafeteria

Candygram Sale.

Dec. 10-12.

Mini Heart- \$1 Large Heart -\$2

Delivery on Dec. 16th

Christmas Movie Night

Rise of the Guardians

Wednesday, Dec. 11 at 5:30 pm

concession available

Christmas Breakfast

Wednesday, Dec. 18th

sponsored by Parent Council

Ugly Christmas Sweater Day

Wednesday, Dec. 20th

Hot Chocolate

In front of the office

Friday, Dec. 20th at

12:19-12:50 pm

Pajama Day

Friday, Dec. 20th



Dec. 21- Jan. 5

Back to School Monday, Jan. 6



Hillside Leadership Team

Lunch Time Christmas Activities

Hillside Christmas Olympics

During Lunch

In South Gym

Team Ski - Monday, Dec. 9

Cookie Decorating - Wednesday, Dec. 11

Parcel Delivery - Friday, Dec. 13

Gift Wrapping challenge- Tuesday, Dec. 17

Final Show Down - Thursday, Dec. 19

Movie Night

Wednesday, Dec. 11

at 5:30 pm in the Gym

Concession Available



Meaningful Connections



Child & Youth wellness Through Meaningful Connections

Guest speaker Madison Cameron.

On Tuesday, November 26th students gathered in the Hillside's south gym to hear inspirational speaker Madison share her life experience as a teen and the effects that social media, such as snap chat and Instagram can have on ones wellness.

Reminding students the importance of being kind and being true to your self.

In A World Where You Can Be Anything Be Kind!



Hillside Breakfast Program



A Big Thank You
To
our Sponsors



Joy-Al Business Ventures
Western Valley Inn
Alliance Church
Emmanuel Baptist Church
United Church Women
Freson Bros. Valleyview



We are still accepting Donations,
contact Bev Grotkowski in the office
at 780-524-3277



Hillside's Exam Schedule

Hillside High School

January, 2024 Exam Schedule

Last Day of Classes for Sr. High is January 22nd.

Diploma Exams

Tuesday, Jan. 14 , 2025 at 9 am

ELA 30-1 Pt A , Mr. Staples

ELA 30-2 Pt A , Mr. Slaney

Wednesday, Jan. 15, 2025 at 9 am

Soc. 30-1 & 30-2 Pt A

Friday, Jan. 17, 2025 at 9 am

Math 30-1, Mr. Cooney

Math 30-2 , Mrs. Storie

Monday, Jan. 20 at 9 am

ELA 30-1 Pt B, Mr. Staples

ELA 30-2 Pt B, Mr. Slaney

Tuesday, Jan. 21, 2025 at 9 am

Soc. 30-1 & 30-2 Pt B

Tuesday, Jan. 23, 2025 at 9 am

Chem. 30, Miss Benard



Hillside's Exam Schedule

Thursday, Jan. 23, 2025 at 9 am

English 10-1, Mr. Staples and Mrs. Galandie

Science 20, Mrs. Benard

Physics 20, Mrs. Serediak

Science 24, Mr. Cooney

Social 10-2, Mr. Slaney

Social 10-2, Mrs. Caron

Grade 9 Science PAT, Mrs. Serediak

Friday, Jan. 24, 2025 at 9 am

Science 14, Miss Benard

Social 20-1, Mrs. Newman

English 20-2, Mr. Slaney & Ms. Galandie

Grade 9 Social PAT, Mrs. Kohlman

Monday, Jan. 27, 2025 at 9 am

Math 20-1, Mr. Loewen

Math 20-2, Mr. Loewen

Science 10, Mrs. Serediak

Math 30-3, Mr. Morrison

Missed Exams at 1 pm in Office

Tuesday, Jan. 28 at 9 am

Bio 20, Mrs. Serediak

New Semester Starts January 29th, 2025

Important* Be sure to Hand in your Textbooks and Novel Studies



Important Information



Sign up for important updates from Mrs. Newman.

Get information for Hillside Junior/Senior High School right on your phone—not on handouts.


Pick a way to receive messages for Grad 2025:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/8ffh28g

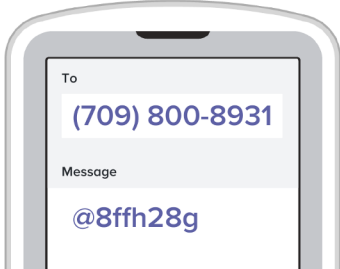
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @8ffh28g to the number (709) 800-8931.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/8ffh28g on a desktop computer to sign up for email notifications.



Hillside Sports



Basketball Team

Jr. Basketball Practices

Tuesdays and Thursdays

3:30 - 5:30 pm

Jr. Basketball Tournaments

Friday, December 6th and Saturday, December 7th
in High Prairie

Friday, December 13th and Saturday, December 14th
Home Tournament in Valleyview

Sr. Basketball Practices

Tuesdays and Thursdays

5:45 - 7:45 pm

Sr. Basketball Tournaments

Friday, December 13th and Saturday, December 14th
In High Prairie





Special Points Of Interests



School Purchases

Preferred payment method for school purchases are:

School cash Online, Debit, Visa, MasterCard & Amex. Cash and e-transfer sent to hillside@ngps.ca - *please note the student's name in the message as well as what the money is for.*

Scholastic Book Orders

can still be placed online at <https://bookclubs.scholastic.ca>

Access Code: RC199625.

Cafeteria Service

Open during lunch 12:19-12:59 available for all students. Pre-paid tabs are available through Mrs. Grotkowski in the office using debit, visa, MasterCard, Amex or e-transfer (*name and reason must be noted in the message*).

School Newsletter

You can have our School Newsletter emailed to you.

Please contact Mrs. Stewart in the Learning Commons at 780-524-3277.

The Newsletter is also available on our webpage!

<https://www.hillsidehigh.ca>

Our mailing address and contact information:

Hillside Jr/Sr High School, Bag 3, 4701-52 Avenue,

Valleyview, AB T0H 3N0

Phone: 780-524-3277

Fax: 780-524-4205

E-mail: hillside@ngps.ca

Lunch: 12:19-12:59



BUSES: Running or Not

HOW DO WE DECIDE?

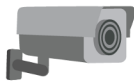
The Director of Transportation makes the decision based on:



Weather Conditions



Scouting the Roads



Highway Cameras



Communication with Bus Drivers/Contractors



- 40°

Temperature Readings from Environment Canada & 511 Alberta

HOW DO WE NOTIFY?



Social Media



NGPS.ca



BusPlanner App

DECISION IS MADE BETWEEN

6:00 AM - 6:30 AM



Your Choice

It is always your decision whether or not to send your child to school during extreme weather conditions.



Hillside Jr/Sr High School Personal Mobile Device Policy

In preparation for the start of the 2024/25 school year, we would like to inform you about our school-based Personal Mobile Device (PMD) policy. This policy reflects the new Ministerial Order and NGPS AP 650. In accordance with the new Ministerial Order the intention of the policy is to create clear and easy to understand guidelines that allows opportunity for digital citizenship and improved learning outcomes by supporting a distraction-free learning environment that promotes well-being.

We respectfully request the support of our parent communities in promoting this policy. If there is the need to connect with your child during instructional times, please contact the office and we will be happy to facilitate communication with you child.

What are PMDs?

Any personal electronic that can be used to communicate with or access the internet, such as a cellphone, tablet, laptop, gaming device or smart watch. This also includes devices capable of communicating with a PMD (e.g. Bluetooth devices such as headphones, earbuds or smart watches)



When can students use PMDs?

- In the Morning before class time (8:48-8:53)
- During Lunch hour 12:19-12:59
- During 4 minute break times between classes
- At the end of the instructional day (after 3:19)



School Wide PMD policy of restrictions and guidelines for Instructional Time

- PMDs should be stored in personal lockers during instructional time. If a student has a PMD with them during instructional times, it must be powered off and kept out of view. Smartwatches must be in airplane mode.
- PMDs are NOT allowed in restrooms, changing rooms, or with students during school-wide presentations and assemblies.



What is Instructional Time?

- Instructional time includes time scheduled for the purpose of instruction and learning.
- Examples include, but are not limited to, in class instruction and activities, assemblies, talks or presentations from a guest speaker, spares and time spent in learning commons during the instructional day.

Special Considerations:

School Administrator may authorize exemptions if a personal mobile device is needed to support the delivery of programming, or to support unique medical and learning needs for individual students.

Progressive Disciplinary Action

If a student is not in compliance with the guidelines for PMDs a progressive discipline process will be applied.

First Time

We will remind the student of the rules.

Second Time

The student's PMD will be taken and securely stored in office until the end of the school day for student to pick up.

Third Time

The students PMD will be taken and securely stored and parent and/or guardian will be asked to retrieve the device from the school.

Further Violations

Parent and/or Guardian will be required to pick up the PMD and additional consequences may be applied such as issuing an in-school or out of school suspension.